

Pura Skimmer

NUTRITION INFORMATION

SERVINGS PER PACKAGE: 4 SERVING SIZE: 250 mL

	AVE. QTY PER 250 mL SERVE	AVE. QTY PER 100 mL
ENERGY	518 kJ (123 Cal)	207 kJ (49 Cal)
PROTEIN	8.3 g	3.3 g
FAT, TOTAL *	3.8 g	1.5 g
- SATURATED	2.5 g	1.0 g
CARBOHYDRATE, TOTAL	14.0 g	5.6 g
- SUGARS	14.0 g	5.6 g
SODIUM	115 mg	46 mg
CALCIUM	303 mg (38% RDI**)	121 mg

* REGULAR MILK CONTAINS 3.8 g FAT PER 100 mL

** RECOMMENDED DIETARY INTAKE

INGREDIENTS: REDUCED FAT* MILK, MILK SOLIDS NON FAT
NOT SUITABLE AS A COMPLETE MILK FOOD FOR CHILDREN
UNDER THE AGE OF TWO YEARS



60% less fat than
regular milk*



$\frac{1}{3}$ of your RDI
for calcium in just
one 250mL glass



17% of your RDI
for protein in just
one 250mL glass



Low Glycaemic Index